

EPISODE RESOURCES

1. [*Why Muscle Mass Matters and How to Keep It*](#)
Massachusetts General Hospital
2. [*Resting Metabolic Rate: How to Calculate and Improve Yours*](#)
National Academy of Sports Medicine
3. [*A New Predictive Equation for Resting Energy Expenditure in Healthy Individuals*](#)
National Center for Biotechnology Information
4. [*Comparison of Predictive Equations for Resting Metabolic Rate in Healthy Nonobese and Obese Adults: A Systematic Review*](#)
National Center for Biotechnology Information
5. [*NASM's Calorie Calculator*](#)
National Academy of Sports Medicine
6. [*Factors Affecting Energy Expenditure and Requirements*](#)
National Center for Biotechnology Information
7. [*What Are Macros. and Should I Be Counting Them?*](#)
GoodRX
8. [*Food and Nutrition Information Center \(FNIC\)*](#)
National Agricultural Library (U.S. Department of Agriculture)
9. [*Here's How Much Protein You Need in a Day to Build Muscle*](#)
Healthline